MONDAY REPORT

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SHELTON STATE COMMUNITY COLLEGE
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SHELTON STATE STUDENT WINS HAIR CUTTING COMPETITION

Derrick Dunning, a student at Shelton State Community College, recently won first place in the haircutting competition at the Alabama Independent Beauticians and Barbers Association Convention held in Tuscaloosa. Dunning is a student in the barbering program located on Shelton's Fredd Campus. Over 250 professional barbers and beauticians attended the seminar which included an educational seminar and trade show as part of a professional development activity. Demonstrations of the latest techniques in the profession, such as cutting and styling competitions, were held along with a fashion show. Participants had the opportunity to look at new products on the market. Olive Benson, nationally recognized hair stylist, was the quest artist.

Dunning competed in the professional category and won the first place prize of $100.00 along with a boost to his confidence as a future barber, according to James Blackmon, barbering instructor. "We have always encouraged our students to participate in external workshops and seminars to enhance their educational experience and to keep them abreast of the latest trends and consumer expectations, said Blackmon.

SHELTON STATE COMMUNITY COLLEGE SELECTED FOR STUDENT LEADERSHIP PROJECT

Shelton State Community College was recently selected to participate in the Phi Theta Kappa Leadership Development Program, a project funded by a $1.8 million grant from the W. K. Kellogg Foundation of Battle Creek, Michigan. Phi Theta Kappa is the international academic honorary for two year colleges and has over 950 chapters.

As a participating institution, Shelton State will offer the leadership development course beginning January 1994. This course will be open to all West Alabamians and will be taught during the 1994 Spring semester.

Two faculty members from the college, Brenda Ryan and Linda Grote, will attend a special training session this summer that will prepare them to teach the leadership development course. The leadership development course was developed especially for students of community, technical and junior colleges as well as for community activists who have no formal leadership training.

The W. K. Kellogg Foundation was established in 1930 to "help people help themselves." As a private grant making foundation, it provides seed money to organizations and institutions that have identified problems and have designed constructive action programs aimed at solutions. The Foundation supports programs in the broad areas of agriculture, education, health, leadership, and youth. Programming priorities concentrate grants in the United States, Latin American, the Caribbean, and Southern Africa.

"This leadership development project affords Shelton State the opportunity to provide its community with an innovative leadership program which will develop able and ethical community leaders who will be prepared to address the challenges of tomorrow," said Rod Risley, executive director of Phi Theta Kappa.

FIVE TIPS TO HELP YOU ENDURE THE SUMMER HEAT FROM THE WELLNESS CENTER

1. Drink plenty of fluids, especially water. This is to hydrate and protect you against heat stroke and exhaustion during the extreme temperatures of the summer months.

2. Wear light colored cotton clothing and SPF 15 (or higher) sunscreen. It is important to wear light colored clothing to deflect the sun's rays and to wear sunscreen when outdoors to protect yourself against the sun's ultra violet radiation.

3. Stay away from fried foods. Fried foods take longer for the body to digest and this taxes the bodys ability to cool effectively. Eat plenty of salads, fruits and fresh vegetables.

4. Try to exercise at cooler times of the day. This will prevent the body from overheating during participation in rigorous activities. While exercising drink water every 15 minutes to prevent dehydration and heat stroke.

5. Limit alcohol intake during the summer. It dehydrates the body. Alcohol pulls the water and fluids out of the muscles which makes the body overheat and interferes with the body's ability to cool down.

SHELTON STATE INSTRUCTOR NAMED ONE OF NATION'S TOP TEACHERS

Shelton State instructor Linda Grote has been selected one of the nation's top 50 teachers in community colleges for 1993.

Representing the state of Alabama, Mrs. Grote was selected to be a 1993 Excellence Award winner through competition sponsored by the National Institute for Staff and Organizational Development (NISOD). Representing a consortium of more than 600 community colleges, NISOD selects a group of 50 master teachers each year as a way of recognizing excellence in teaching and to promote awareness of the growing enrollment in community colleges. Recipients of the awards are chosen by a panel of college educators and administrators.

NISOD, which was founded at the University of Texas, announces the Excellence Awards winners annually at the international conference on teaching excellence and conference of administrators held in Austin, Texas. Mrs. Grote serves as chair of the Speech, Fine Arts, and Social Science Division of the college. She is currently one of two faculty advisors to Shelton's Phi Theta Kappa Chapter, national community college honorary.

This spring Mrs. Grote was also honored nationally by Phi Theta Kappa. She was selected one of 20 seminar leaders across the United States for the 1993 Phi Theta Kappa Honors Institute. She was also selected to be a faculty scholar for the National Endowment for the Humanities sponsored faculty development pre-conference. Both events were held in June in Elizabethtown, Pennsylvania.

"We are extremely proud of Mrs. Grote for receiving these very prestigious honors," said Tom Umphrey, Shelton State president. "Her enthusiasm and commitment to teaching and to the college is evident and we are happy that she has been recognized by such an outstanding organization."

Brenda Ryan, English instructor and advisor to Phi Theta Kappa, was also honored at the conference. Mrs. Ryan's quotation on teaching was selected for publication in NISOD's conference program.

Other Shelton faculty attending the NISOD conference were Lyda Black, Rosemary Blethen, Martha Ann Hill, Joy Jones, Bill Stringfellow, Sonny Logan, and Jackie Williams. The faculty members were selected to travel to the NISOD conference through the professional development activity of the college's Title III grant.